

AMENDMENTS TO THE SPECIFICATION

Please amend the specification as published to insert the heading "Background of the Invention" before paragraph [0001].

Please amend the specification as published to insert the heading "Brief Summary of the Invention" between paragraphs [0001] and [0002].

Please amend the specification as published to insert the heading "Brief Description of the Drawings" between paragraphs [0014] and [0015].

Please amend the specification as published to insert the heading "Detailed Description of the Invention" between paragraphs [0019] and [0020].

Please amend paragraph [0019] of the specification as published as follows:

FIG. 34 is a lateral view of a ski, binding plate, cross-country binding and boot.